San Quentin News

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Governor Proposes Healthcare Reform

BY DAVID MARSH
News Editor

Gov. Arnold Schwarzenegger has proposed a plan which would place the medical needs of the state's 160,000 prison inmates in the hands of the University of California and its prestigious medical schools.

Schwarzenegger's latest proposal, which officials claim could save the state as much as $12 billion over the next decade, would rely heavily on the use of telemedicine, a technique which links doctors with their patients through video hookups.

A study by NuPhysicia, a company affiliated with the University of Texas, also promotes centralized hospitals and electronic record-keeping as additional cost saving measures. The University of Texas took over prison healthcare during the 1990s.

The plan also calls for a special hospital designed to house and treat chronically ill patients in order to reduce the need for costly overtime paid to the guards of hospitalized inmates.

Dr. John Stobo, UC's senior vice-president for health services, favors the governor's proposal. Stobo is a former past chairman of NuPhysicia's board of directors. The Board of Regents has countered conflict-of-interest concerns by pointing out that the position was non-paying, and Stobo cut all ties with NuPhysicia upon leaving Texas in 2007.

The university system's Board of Regents have announced plans to form a special committee to study the feasibility of the governor's plan, its costs, effects on labor relations and potential legal liabilities to the university system from inmate lawsuits.

The regents have made it plain that they are in no hurry to embrace the governor's proposal, which calls for a UC takeover of dental and psychiatric services, as well.

"This is a very complicated issue, and we are going to have to spend a great deal of time to determine how and if the university is going to get involved," said regents Chairman Russell S. Gould.

The plan, which would likely result in a significant loss of jobs

> ***"This is radical surgery on a broken system that will save the state billions "***
>
> *Schwarzenegger spokesman - Aaron McLane*

for prison healthcare workers, was opposed by the Union for Physicians and Dentists which represents more than 800 prison healthcare employees. The union that represents prison guards also opposes the plan.

According to a recent study done by a consultant, California currently spends more than $2.4 billion of it's annual $11 billion prison budget on inmate health care, approximately $41 per day for each of its approximately 160,000 inmates.

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Boxer Returns To S.Q.

BY R. F. GILLIAM
Journalism Guild Writer

With a message of hope and a story of success, boxer Paul Nave paid a visit to San Quentin, the prison where he spent three years of his life.

The 49-year-old Marin County native regaled a group of about twenty-five men with stories and anecdotes about his years growing up in Marin, doing time in San Quentin, his determination to succeed, his experiences in the ring and his rise to become a Welterweight champion.

Nave, who visited on April 6, came to promote an upcoming June 6 bout with an as-yet unnamed opponent. He shared details of his storied rise to boxing prominence.

BEEN HERE BEFORE

Dressed from head to toe in black shirt and slacks, Nave is a diminutive but stocky man with dark hair and a resonant voice.

Standing before a group of enthusiastic fight fans, Nave proudly displayed his five championship belts and revealed to his captive audience the details of his own stay behind the bars in the prison by the bay.

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Court Rules Voting Rights for Inmates

Ruling Limited to Washington State

BY JULIANGLENN PADGETT
Journalism Guild Writer

A federal appeals court for the western United Sates has issued a stunning decision upholding the rights of incarcerated felons to vote in Washington State. The ruling by a three-judge-panel of Ninth Circuit Court of Appeals in the case of Farrakhan vs. Gregoire in Seattle held that the disenfranchisement law denying incarcerated felons the right to vote violates the 1965 Voting Rights Act by disenfranchising minority voters.

The court's finding represents a dynamic shift in America's federal courts of appeals from a case that was booted between district courts and the court of appeals for 14 years. Last January the Ninth Circuit firmly placed the actions of denying incarcerated felons their right to vote with practices that violate the constitution under the Federal Voting Rights Act, such as literacy tests and poll taxes. Laws that prevent felons from voting in other Ninth Circuit states such as Alaska, Arizona, California, Hawaii,

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LOOKING AHEAD

In the May issue of our paper the S.Q. News staff will sit down for an in depth interview with new acting Warden Vincent Cullen for an insiders perspective of the new administration and what might lie ahead for life behind the walls of California's oldest prison.

Also, we'll take our readers inside the halls of the new $136 million Central Health Services Building.

Criminologist Suggests Options To Early Releases

BY ARNULFO GARCIA & JUAN HAINES
Journalism Guild Writers

Stanford Criminologist Joan Petersilia spoke recently to San Quentin prisoners concerning California's current prison healthcare and overcrowding crisis and the federal court's intervention into California's prison operations. The court's aim is to force development of a plan to end the Department of Correction and Rehabilitation's (CDCR) violation of prisoners' right to be free from cruel and unusual punishment.

Petersilia is currently Co-Director of the Criminal Justice Center at Stanford Law School. In her lecture she explored the complexities of California's parole policy. She is the author of a report, "Understanding California Corrections," that found that more than 70,000 parolees are returned to CDCR annually with approximately 17,000 "pure technical" violatons. (Not arrested for a new crime but have violated a term or condition of parole.)

Petersilia's report explained, this "... high return-to-prison rate for parole violators is creating a destructive situation by constantly cycling offenders in and out of prison…this churning or catch-and-release disrupts the inmate's ability to participate in

Joan Petersilia

community-based rehabilitative programs, encourages the spread of prison-gang culture in communities and wastes parole processing resources."

Petersilia focused on a plan authorized by Assembly Bill 900 that calls for building numerous re-entry facilities around the state to solve some of CDCR's overcrowding problems.

However, this plan is contrary to the federal court's stated finding that AB900 is "... essentially is a prison expansion measure which increases the number of prison cells without addressing the fundamental structural issues that have caused the crisis and that have created unconstitutional conditions within the prisons."

The plan in AB900 runs counter to the court's earlier decision that "…we are convinced that neither prison expansion, nor reentry or medical facilities construction, nor any other construction effort offers a meaningful and timely remedy for the constitutional deficiencies in the delivery of prison medical and mental health care caused by crowding."

During a question period some inmates asked Petersilia to address the court's order that capped the prison population at 109,764 or 137.5% of designed capacity of 79,828. Petersilia said that the state has the capacity to expand and maintain a prison population of approximately 160,000 inmates, in spite of the court's position.

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Innocence & Exoneration

BY JULIANGLENN PADGETT
Journalism Guild Writer

For more than 10 years the California Innocence Project has fought to free innocent men behind prison walls, and it's had some notable success.

The project is housed at the campus of the California Western School of Law in San Diego, where the organization held a reception and gala was attended by three of its successes and Justin Brooks and Jan Stiglitz, co-directors of the program.

The three exonerees are Timothy Atkins, Adam Riojas and John Stoll, who served time at San Quentin.

Stoll was convicted of 17 counts of child molestation and sentenced to 40 years. He revealed that his 20 years of imprisonment spent for crimes he did not commit were both scary and painful.

"It's a mixture of emotions," Stoll said. "I had never been in trouble or ever been arrested for anything and then there I was in San Quentin State Prison." Stoll, 66, was convicted in Kern County. He is one of eight men California's innocence project has vindicated.

Project Co-Director Justin Brooks

Thousands of letters are read yearly from inmates family members and friends.

With 12 law students, Brooks and the "DNA dozen" sift through mountains of paper work until they find a letter that falls within their standards. That standard is believing in an inmate's innocence. Then they set about methodically proving "actual innocence."

Riojas was imprisoned for 13 years for second-degree murder, a crime that carries 15 years to life. Riojas, too, was exonerated through DNA.

Atkins, another DNA exoneree stated, "Every day, it eats at your heart. You're there and you know you didn't do it." He was convicted in Los Angeles County and served 20 years of a 32 years-to-life sentence for first-degree murder and armed robbery.

San Diego County District Attorney Bonnie Dumanis said, "They do an important job, and I respect them for the work they do. The maturing science of forensics often compels second looks."

"Bonnie will sit down with us, but everyone else, they fight with us for everything," stated Brooks.

Dumanis credits the Innocence Project's team for its focused efforts. "We don't always agree, but at least we sit down and take a look at cases and evaluate them. Prosecutors and police are not eager to reopen cases."

She added, "We may have evidence that has been preserved, but wasn't useful in the past because the science hadn't been developed. But is useful now, and can help in those cases when someone has insisted they were innocent."

District Attorney Steve Cooley of Los Angeles County said, "It's very commendable. But let's have a reality check. Creating new theories or doubt about a case, the evidence is tainted – somebody else did it, doesn't mean that they are necessarily innocent. It means the evidence changed, and sometimes changes occur after the key witnesses are dead, or their criminal associates are now deceased."

He denied prosecutors or police deliberately resist relooking at cases. However, Brooks and Jan Stiglitz, his co-director and a Cal Western professor, remain frustrated with what they view as an absence of following-through after exoneration.

"The DAs very rarely give public notice when the wrongly convicted are found to be innocent or look for the guilty person," Stiglitz said. Only a scant number of cases pursued by the Innocence Project involved DNA "In some older cases, the biological evidence has been destroyed," said Jeff Chin, the Innocence Project's assistant director. "Our staff looks for other pieces of evidence."

Preparing Your Case

BY STEPHEN LIEBB
Journalism Guild Writer
&
HECTOR OROPEZA
Contributing Writer

The most important element for inmates preparing petitions to a court is "Telling your story so the person reading your case says, 'This is different.'" according to JFK Professor of Law Stephanie Adraktas. Speaking to inmates at The New Leaf program on November 20, 2009, Prof.Adraktas said that the main mistake made by inmates preparing habeas petitions is putting the law first and not talking about the facts of the case.

"Front and center of the petition should be your story and why the Board (of Parole Hearings) got it wrong," Prof. Adraktas said. She advised using examples of court decisions that grant petitions and talking about who the person was before they came to prison, what they did in committing their crime and what they did within the institution.

A law clerk working for a judge usually reads a petition that is filed and so Prof. Adraktas advised providing an explanation that the reader can relate to. "If you tell the story in a way that doesn't emphasize why your case is different, it will blow past the reader," she said. "Courts don't read everything you write."

Also, a petition doesn't need to be written in stuffy language. Prof. Adraktas said that your story gets buried when you don't state plainly the truth about your life. She counseled that it is better to speak to the Board of Commissioners in a "simple, plain way" because it is easier to understand and makes for a better transcript. She also advised to "get out quickly" from questions you can't answer instead of giving long responses.

Getting the attention of the reader of your petition is more important because "the Board is not acting fairly and courts are reversing the Board with more frequency. Court cases are forcing the Board to work harder to rationalize the decision they make," Prof. Adraktas said, adding, "The tide is turning away from the situation where the Board could say anything they wanted against you and it would stick."

The California Supreme Court's ruling in *In re Lawrence 44 Cal. 4th 1181 (2008)* requires that a Board's decision denying parole be supported by some reliable evidence showing current dangerousness. Denial of parole based on "old facts" may not comport with the Lawrence standard, Prof. Adraktas said.

Prof. Adraktas advised that when structuring a petition for filing in state court, you must not only discuss rights under State law but also cite the U.S. Constitution and claim that both state and federal due process rights have been violated.

Prof. Adraktas advised that when preparing Board of Parole Hearings, you should review past transcripts to see where you could have given better responses. She also advised that it is important to document your parole plans in a convincing way.

Prof. Adraktas was accompanied by four law students who conducted workshops to assist inmates in the areas of preparing a petition for writ of habeas corpus, preparing for a board hearing and discussing issues relating to the three strikes law. Prof. Adraktas said that she anticipated that the ruling in the Hayward V. Marshall case now pending before an en banc panel in the Ninth Circuit Court of Appeals [Case Number 06-55392] will affirm that lifers in California have a federally protected liberty interest in parole. She speculated that the Ninth Circuit is taking time in order to draft "a bullet proof opinion that will not get reversed by the United States Supreme Court."

What Doing Time Does to Inmates

BY ARNULFO GARCIA & JUAN HAINES
Journalism Guild Writers

America moved abruptly in the 1970s from a society that justified incarceration in the belief that it would facilitate productive re-entry into the free-world to one that used imprisonment to inflict pain ("just deserts"), disable criminal offenders ("incapacitation"), or to keep them away from society ("containment").

Adaptation to modern prison life exacts psychological costs to most prisoners. Adaptation to imprisonment is usually difficult and, at times, creates habits of thinking and acting that can be dysfunctional in periods of post-prison adjustment.

Subtle psychological changes occur in the course of adapting to prison life. The term "institutionalization" is used to describe the process by which inmates are shaped and transformed by the institutional environments in which they live.

In the first decade of the 21st century, more and more people have been subjected to the pains of imprisonment for longer periods. Their conditions threaten greater psychological distress and long-term dysfunction before they return to communities that have already been disadvantaged by lack of social services and resources.

Prisoners typically are denied basic privacy rights and lose control over mundane aspects of their existence that most citizens take for granted.

They live in small, sometimes extremely cramped and deteriorating spaces (a 60 square foot cell is roughly the size of a king-sized bed), have little or no control over the identity of the person with whom they must share that space (and the intimate contact it requires), often have no choice over when they must get up or go to bed or when or what they may eat. Prisoners may come to think of themselves as "the kind of person" who deserves only the degradation and stigma to which they have been subjected while incarcerated.

Prisoners develop a "prison mask" that is unrevealing and impenetrable. This causes a type of alienation from themselves and others. They may develop emotional flatness that becomes chronic and debilitating in social interaction and relationships. They find that they have created a permanent and unbridgeable distance between themselves and the rest of society.

It is important to emphasize that these are the natural and normal adaptations made by prisoners in response to the unnatural and abnormal conditions of prison life.

Some prisoners learn to find safety in social invisibility, by becoming as inconspicuous and unobtrusively disconnected from others as possible. In extreme cases, especially when combined with prisoner apathy and loss of the capacity to initiate behavior on one's own, the pattern closely resembles that of clinical depression. Long-term prisoners are particularly vulnerable to this form of psychological adaptation.

In many institutions, the lack of meaningful programming has deprived them of pro-social or positive activities in which to engage while incarcerated. For some prisoners, incarceration is so stark and psychologically painful that it represents a form of traumatic stress severe enough to produce post-traumatic stress reactions once released.

Mental illness and developmental disability represent the largest number of disabilities among prisoners. According to a study by Craig Haney of UC Santa Cruz, as many of 20 percent of the current prisoner population nationally suffers from either a significant mental or psychological disorder or developmental disability. Yet both groups are too often left to their own devices to survive in prison and then to be discharged without having had any of their needs addressed.

Supermax facilities are institutions where prisoners are kept under conditions of unprecedented social deprivation for unprecedented lengths of time. This kind of confinement creates its own set of psychological pressures that, in some instances, uniquely disable prisoners for free-world reintegration.

Human Rights Watch has suggested that there are approximately 20,000 prisoners confined to supermax units in the United States. Most experts agree that the number of such units is increasing. Many prisoners who have been confined in these supermax units for considerable periods are released directly into the community.

Over the next decade, the impact of unprecedented levels of incarceration will be felt in communities that will be expected to receive massive numbers of ex-prisoners. They will complete their sentences and return to communities ill prepared to absorb the high level of psychological trauma and disorder that many will bring with them.

Eighteen states have discussed medical marijuana or legalization through legislation or ballot initiative this year. A 2009 poll found 56% of Californians support outright legalization of marijuana.

What do we do with 'Furious Khan'?

BY KEVIN O'DONNELL
Design Editor

It is inevitable that someone, somewhere, will read something in this publication and be offended. Ultimately, how to respond to the Disgruntled Reader is a test that everyone in this business must eventually face.

When it happened to us we decided to invite the Disgruntled Reader to the weekly meeting of the San Quentin Journalism Guild where he could give vent to his displeasure, not with the content, but with the name of the cartoon run for the last several issues; Furious Khan.

The San Quentin News regrets that any offense was taken; none was intended.

The Disgruntled Reader brought several visual aids; a Dictionary Of Islam, a couple of books (both written by men named Khan) and a catalog of Muslim items, to demonstrate that "khan" refers *exclusively* to the Pushtun people of Pakistan and Afghanistan, that *only* a Pushtun could have a legitimate claim to the name or title "khan" and that using "khan" as the name of a cartoon (whose main character, Furious, is black) is racist and demeans "his" people.

He holds to this belief despite the fact that his own dictionary states that the origin of the word is Persian and Persia is now known as Iran, not Afghanistan or Pakistan.

My dictionary, Merriam-Webster's Collegiate Dictionary, Tenth Edition, (Webster's has a two hundred year history in lexicography) defines "khan" this way: *khan*\ '*kän* 'kan\ *n* [ME *caan*, fr. MF of Turkic origin; akin to Turk *han* prince] (15c) 1: a medieval sovereign of China and ruler over the Turkish, Tatar, and Mongol tribes. 2: a local chieftain or man of rank in some countries of central Asia.

As you can see the Disgruntled Reader's assertion that "khan" represents *only* the Pushtun people of Pakistan and Afghanistan doesn't hold water. At the end of the the man's presentation, John Eagan, our chief cdvisor, said that no one had intended any offense.

I fear the Disgruntled Reader will continue to be offended, however. Neither I nor Michael Harris, the Editor-in-Chief, believe that the paper should censor itself because one man has chosen to take offense at the name of a cartoon.

The First Amendment doesn't guarantee that a person will not be offended by something he sees, hears or reads. Much to the contrary, many United States Supreme Court decisions have protected the right of freedom of expression for all Americans, and especially freedom of the press. I cannot recall in my lifetime a single instance where a newspaper apologized for the content, much less the name, of cartoons like Hagar the Horrible, Dennis the Menace or Marmaduke. Therefore, and with the blessing of the framers of the United States Constitution, the San Quentin News will continue to print Furious Khan under that name.

It was not intended to be a racist insult, as some complained. Those of us burdened and remorseful by what we have done are Furious at ourselves, because we now know that we could have chosen a better path. Who's not Furious at watching their parents pass away or their own children grow up without them? Who's not Furious at never knowing when you will get out of prison or if you will ever get a date? Who's not Furious at finally understanding that the life you took was a whole world of promise and dreams that can never be given back?

So, to the men and women in prison and the husbands and wives, struggling in the free world, if you are having a bad day, month or year, it is okay to be Furious. Identify and recognize those feelings because they are necessary for you to question your choices and then decide what is good for all.

That search for a positive balance will be the Furious Khan in you, hopefully within us all.

STEVE MCNAMARA
San Quentin News Advisor

A question has been raised about the title "Furious Khan" for the cartoon drawn in the San Quentin News. An assertion was made that "Khan" is a name or title used exclusively by Muslim Pashtun Pakistani's and for it to be used otherwise offends them. The San Quentin News regrets that any offense was taken; none was intended. However, the word "Khan" has widespread use outside the Muslim Pashtun people of Pakistan and Afghanistan. Some examples:

- Genghis Khan (or The Great Khan), who was born around 1162 in what is today Mongolia and terrorized and ruled a vast part of Asia. He was not a Muslim, not a Pashtun and not a Pakistani.
- Ogedai Khan, Genghis Khan's son and successor.
- Khan, a title for a ruler in Turkic and Mongolian languages.
- Khan, the Chinese-American detective in the TV series of the same name on CBS in 1975 set in San Francisco. Khan was played by Khigh Dheigh, who was not of Chinese ancestry himself but a New Jersey native of North African and British ancestry.
- Khan, a villain in the Marvel Comics X-Men series who first appeared in April, 2002.
- Khan, a river in Namibia.
- Khan, a prominent villain in the Star Trek universe was played by Spaniard Ricardo Montalban (of Fantasy Island fame), in the series and the film "The Wrath of Khan". This was the second feature film based on the TV series and ends with the death of Spock. When it was released in 1982 it set a world record for first-day box office gross.
- Khan, a medieval Central Asian roadside inn.
- Khan, a municipal subdivision in Cambodia.
- Khan, an English progressive rock band in the early 1970's.
- Khan, a Norwegian singer and the vocalist for the Kamelot, a symphonic progressive metal band in the 1970's.
- Chaka Khan, whose birth name is Yvette Marie Stevens, a Grammy award winning singer born in North Chicago in 1953. As is Furious Khan in the cartoon, she is African-American.

HAITI RELIEF

Art Work donated by San Quentin State Prisoners will be auctioned off at a local benefit for Haiti. The event will be hosted by Suzi Jestadt and will be held at the First United Methodist Church of San Rafael on Saturday, April 17, 2010.

Men who had no money to give wanted to use their talents to contribute to Haiti. They donated art and craftworks in order to help the Haitian people. The men of San Quentin want to send a clear message to the world, "Don't forget Haiti!"

More to come in a later ariticle.

WHO'S NOT FURIOUS?

BY FURIOUS KHAN
Journalism Guild Writer

On a cold rainy evening as I stood waiting for my Patten College class on Critical Thinking to begin. I was asked by a fellow journalist, "Why do you do it; why do you draw and write Furious Khan?" As I stood there looking at the harsh concrete walls that surround my life, it came to me.

I crafted the cartoon character Furious Khan to present an intelligent character to San Quentin News readers. He looks for layers of humor and wit in a chaotic situation. He searches for a positive balance, not hate or lawlessness, a true Khan.

Back in the Day

Selected Stories From Back Issues Of The San Quentin News

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles... but to live in the present moment wisely and earnestly.
–Buddha

FRI., NOV. 23, 1979 – after a four-month suspension of publication mandated by the Warden, the **SQ News** has resumed production. The newspaper staff had been accused by administration officials of slanting the news. The resumption of publication was brought about, in part, by the filing of a lawsuit by the Prison Law Office on behalf of the news staff.

FRI., NOV. 23, 1979 – for the second time in less than a month the inmate **canteen has been burglarized**. The first break-in, on Oct. 31, netted the thieves $408 in cigarettes and envelopes. In the second incident, Nov. 14, approximately $500 in pastries and coffee have been taken.

FRI., NOV. 23, 1979 – the **SQ Pirates** completed an undefeated football season, out-scoring their opponents by a combined 221 to 31. The Pirates play an eight-man team.

FRI., NOV. 23, 1979 – the Mystic Knights, a **rock-soul group**, will perform in the north dining hall today, Nov. 23, for the annual Thanksgiving Show. The group performed last May 28 at SQ with the New Riders of the Purple Sage.

FRI., APR. 25, 1980 – two **shots were fired** on the lower yard Wednesday to break up a fight between two Mexican-American convicts. Both men had been drinking.

FRI., MAY 2, 1980 – inmate Berry Floyd, 33, from Los Angeles, was **shot a total of four times** by two gunmen in the Adjustment Center exercise yard after trying to scale the wall. Floyd was taken to the hospital, heavily peppered with birdshot. He was kept for observation.

Health Fair Returns

BY R.F. GILLIAM
Journalism Guild Writer

San Quentin TRUST will be sponsoring its Seventh Annual Health Fair on April 30. The one day event will be held on the lower yard, in and around the old laundry building. It is slated to begin at 9 am, and will include information booths, testing and activities services and a chiropractic clinic.

The booths will offer information on Alcohol and Drug abuse, Asthma, Hypertension, Stress Reduction, Diabetes and Smoking and more. There will be lectures on Stress Reduction, Nutrition, Addiction Recovery Counseling, Aging, and Domestic Violence. The Chiropractic clinic will assess and recommend treatments and exercises for those experiencing back problems.

Staff from Centerforce & UCSF, as well as members of the Alameda County Public Health Department-Urban Male Health Initiative will be assisting San Quentin TRUST in this endeavor.

The men of San Quentin would like to thank these professional men and women for volunteering their time and expertise to help us.

CDCR TIDBITS

BY DAVID MARSH
News Editor

Pre and post-sentencing credits went into effect Jan. 25, 2010. The new half-time from date-of-arrest time credits apply only to those sentenced or entering CDCR AFTER Jan. 25. The law IS NOT retroactive, although litigation has been initiated which could lead to a widening of the credit application.

At the present time, the only programs offered by San Quentin prison that qualify for enhanced credits, or Milestone Credits, which result in time being taken off of your term are the GED program, ABE, Patten College and the vocational machine and sheet metal shops. Up to 6 weeks off for each one-year period of incarceration may be earned. Inmates serving 85 percent are not eligible for the new credit-earning categories.

Despite several propositions and legislative bills that have proposed changes in the three strikes laws over the past several years, NO CHANGES IN THE 3 STRIKES LAWS have been adopted or are planned at this time.

On January 12, 2010 the 3-judge panel in the "over-crowding" case issued an order requiring the state of California to reduce its inmate population by 44,000 prisoners over the next two years. This order has been "stayed" pending an appeal to the U.S. Supreme Court. A decision from the Supreme Court in the case is not expected until later this year or perhaps early 2011.

The CDCR is continuing with its own plan to reduce the inmate population by approximately 6,300 inmates in 2010 in order to save money.

The state has officially closed the Herman G. Stark Youth Correctional Facility in Chino. The remaining 400 minors were transferred to other facilities. The CDCR plans to retrofit the 50-year-old lockup with an electric fence and other safeguards before moving in 1,200 adult prisoners.

NAVE: Famed Boxer Still Fighting

CONTINUED *from Page 1*

Nave was convicted in the late 80's of possession of cocaine for sale, and was sentenced to six years in prison. He served his three years right here at the Q.

During the tenure of longtime Warden Daniel Vasquez, Nave worked for Lieutenant Al Silva in I.S.T. It was during his stint here that the former Golden Gloves Junior Division Champion came to the attention of prison officials.

ENCOURAGED TO FIGHT.

Because of Nave's talent in the squared ring, Lieutenant Silva convinced the warden to allow

Paul Nave's collection of championship belts

Nave the chance to fight. After some wrangling with Sacramento, a match was set up at the Marin Civic Auditorium, and on a warm night in September of 91, Nave was escorted by officers out of the prison to box. Wearing a pair of black and white striped shorts he fought Enrique Moreno, who had a record of 6 wins and 0 losses. Nave scored a first-round knock out over Moreno.

Nave donated his winnings to a Marin City rehabilitation program. He said he was glad he'd won, because he knew that if he didn't "the fellas would clown me to no end."

STORIED PAST.

Nave waxed nostalgic about his incredible boxing experiences. He fought Jose Hererra (3-16) for the Southwest Welterweight Championship and won the title in a draw. He's sparred with the likes of Julio Ceasar Chavez, Tony Lopez and Oba Carr. In 1996 Nave fought Jose Luis Madrid for the WBO Welterweight title in a slugfest culminating in an 11th round knock out for Nave.

The highlight of Nave's career featured a trilogy of fights with well-known brawler Greg Haugen. The first two ended in split decisions, with each fighter earning a win. The last was fought to a draw.

Nave fought his last professional bout on December 17, 1999 and was forced to retire because of a back injury.

Last year at the age of forty-eight, Nave, having recovered from his injuries, returned to the ring. He fought three exhibition matches, winning each by decision.

Nave said he came to back San Quentin to demonstrate that men and women in our position can succeed. After he began serving his sentence he realized that doing drugs had no future, and only led to ruin.

FIGHTER'S MESSAGE

"What good's going to come out of it? None," he said of the negative behavior that landed him behind bars.

But, "It doesn't mean you're done!"

He talked candidly about the time he spent behind bars and how his life was put on hold while he did his time, and about how he planned to change. "I put some goals together," he explained.

While in prison, Nave hit upon a couple of ideas. A gourmand of countless prison "spreads", he knew from first-hand experience how bland the food in prison is. Ever the entrepreneur, Nave decided to start a business selling sliced jalapenos in plastic containers to several prisons. New Jersey, which spends around $16 per day on healthcare for each of its inmates, has a similar arrangement with its university system, as do both Texas and Georgia which each spend about $10 per day.

A three-judge federal panel appointed a receiver in 2006 to make improvements in healthcare

He succeeded for a while until economics made it too costly to continue.

Nave decided he was going to fight for the world title—a goal he succeeded at as evidenced by the five shiny belts he'd brought with him.

He decided to build his dream house on a hill in Marin. It took him twelve years to do it, Nave said, but he accomplished his goal and the single father now lives there with his six-year-old son.

INMATE GIVES BACK

After his release and during his rise in the ring, Nave served the community. First on the board of the Marin City Boxing Club to mentor at-risk youths, then in state government. Nave ran as a democrat for the 6th District seat in the state assembly but lost the election to Joe Nation. He also ran in the Gubernatorial recall election in order to gain name recognition for another try in the Assembly. As we all know, the governor's chair went to the rehabilitation terminator.

Asked if there was a possibility of seeking public office in the future, Nave responded "I might."

Paul Nave brought a positive message to the prison. "Goals, it's all about setting goals."

Nave has demonstrated that prisoners can succeed after their release. We need more role-models, like Paul Nave, to show society at large that prisoners and former prisoners are not unredeemable, that we can pay for our mistakes and go on to contribute our efforts in a constructive and positive way.

GOV: Health Care Reform

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in the state's prisons as a result of inmate's lawsuits over inadequate care.

Federal receiver J. Clark Kelso has refused to comment on Schwarzenegger's latest proposal which would require the approval of both he and the judges.

Schwarzenegger is fond of "rattling cages" with often wild proposals for solving the state's continuing financial crisis.

The governor's proposal would call for a phased UC takeover beginning at 11 northern California prisons before expanding to include all 33 prisons.

PETERSILIA: Prison Population

CONTINUED *from Page 1*

As for causes of the growth in number of inmates, Petersilia said, "The expansive growth of the prison population in California is due, in part, to the state's adoption of determinate sentencing in the 1970s and the countless increases in criminal sentences enacted by the legislature or in initiative measures in succeeding years. In addition, California's prison population has increased because of its post-sentencing practices. The state has been widely criticized for not doing a better job of preparing inmates to return to society."

COURT: Inmates Vote

CONTINUED *from Page 1*

Idaho, Montana, Nevada, Northern Marianas Islands and Oregon are now included.

The case was first filed in 1996 by Muhammad Shabazz Farrakhan while he was serving a three year sentence at Washington State Prison in Walla Walla. : As the case evolved five other inmates, all members of a racial minority group, joined the suit as plaintiffs. Evidence presented in the case included key research by a University of Washington sociologist who found that African Americans are nine times more likely to be incarcerated than whites.

The plaintiffs demonstrated to the panel that minorities in Washington are stopped, arrested and ultimately convicted in higher disproportionate numbers than whites, thus making the bar against incarcerated felons voting inherently discriminatory.

The defendants also presented evidence which showed that the ratio of arrests for violent crime among African Americans and whites is less than four-to-one. One result of that is that 25 percent of African American men in Washington are disenfranchised from voting. The results also found that African Americans are 70 percent more likely, along with, Latinos and Native Americans 50 percent more likely than whites to be searched in traffic stops.

The studies "speak to a durable, sustained indifference in treatment faced by minorities in Washington's criminal justice system. These disparities cannot be explained by 'factors independent of race,'" wrote Judge A. Wallace Tashima in his decision

State Attorney General Rob McKenna has said his office will appeal the ruling back to a larger Ninth Circuit panel or perhaps to the United States Supreme Court. "If upheld by the Supreme Court this decision would apply to all felons currently in prison and on parole all across America," he said. McKenna disputes two items; the analytical legal reasoning of the court and the research. "This is a misapplication of the Voting Rights Act by the Ninth Circuit."

It is an inarguable foundation that the Ninth Circuit held its ruling on which members of some minority groups are continuously imprisoned more than white people, and that this disparity cannot all be explained under the fact that minorities commit more crimes. Although in Farrakhan the lower court had found "compelling" evidence of bias in Washington's criminal justice system. (From Crosscut Daily E-Mail By Daniel Jack Chasan.)The judges concluded it was the highly unequal rates of incarceration that had, in fact, stopped minorities from voting.

But in the end the Ninth Circuit blazed a different course of legal thought. The majority surmised if a racially biased system kept minorities from voting, there was no need to look further.

OPINION

AS I SEE IT

BY DAVID MARSH
News Editor

CHANGE: some of it good, some of it bad, but certainly plenty of it to go around for all that are a part of our system of incarceration. On both sides of the badge. Something for everybody!

In H-Unit, lots of new faces. And the new faces are replacing all those inmates who have departed for the gates under the recently imposed new time-credit guidelines. Who is eligible? Still kind of murky on that issue, though Lord knows I am putting much energy into finding out for you.

The major problem with being an inmate reporter is the realization that you're not entitled to lots of restricted information, and that there is no entitlement to the truth. Of course, in CDCR, what was yesterday's truth is very often tomorrow's harmless cage rattling, and never meant to have been taken seriously.

But back to the issue of change. Our teachers are gone! Avery negative change for us from which no good can come. Their loss is certainly part of a landslide of negative changes that the current economic climate has forced upon all of us.

Can't lament the economic malaise as a whole, though, because most certainly the inordinate numbers of us who are heading out the gates of late can thank, in part, those very same negative climate factors for making this possible. If they could afford to keep us (i.e.- by building even more prisons), then it's a safe bet that they most surely would. But they can't, so for a lucky growing number of us, it's home you go.

Gotta love this new, irrevocable parole. No technical violators! Certainly will have a positive impact on the state's long-deplorable recidivism rate, as well as the overall numbers of prisoners. Good change!

More good change! Finally, they closed the gym and may, in time, return it to its intended, designed use: A Gym!!! A move under way to close bad-bed gyms in a number of the state's 33 prisons that still have them. You simply gotta love the obvious effect that Federal Court oversight is having, slowly but surely, on the lives of California's 160,000 plus inmates.

Change! Never fast enough to suit us, no siree! But change nonetheless. Some good, some not so good, but occurring now at a pace we can see, faster than watching grass grow.

BY MARK WONG
Contributing Writer

The tools a man uses to worship his God or Creator are sacred and for Native Americans on the H-Unit yard, theirs have finally received a long overdue measure of protection and recognition. Many items used in Native American ceremonies are mistaken by officers as contraband and disposed of during locker searches.

A CDCR-1617 chrono issued to each tribal member has now identified that individual as being an American Indian. the new chrono issued by CDCR identifies the variety of authorized spiritual regalia (medicines) used by believers and authorized for their possession.

Wong, a clerk in San Quentin's library, states "It's long overdue. I'm glad the wait is over, sometimes it's a struggle to get things moving. Especially here, things run on "San Quentin Time" everybody knows that. But it's finally approved and on paper (memo) and that's what matters most. It's all about respecting each other and peoples' beliefs."

VETERANS AFFAIRS

BY F. LEMUS
Contributing Veteran Writer

The San Quentin News is planning to provide Veterans of the armed forces with information that will help them get back on their feet once paroled and/or provide reference material for upcoming Board Hearings. This valuable service will be provided through the Veteran Information Project (V.I.P) office located in the Education Dept. Should you need information in between issues of the SQ News you can reach prisoner J. Diggs in the V.I.P office at the Education Module on the Lower Yard – just write him a note or stop on by.

So keep your eye out on this news worthy veteran's corner for additional information on upcoming events and information for you veterans in the San Quentin population.

There Is Always Hope

BY A FELLOW DRUNK

James Estelle has many years experience as a prison guard and warden, and he says the Alcoholic Anonymous program has helped many inmates to turn their lives in a positive direction.

Estelle, who is one of six "Non-Alcoholics" that are official AA members, spoke Feb. 13 at the Saturday Night Fellowship of Alcoholics Anonymous in San Quentin. He sits on the AA Board of Directors, which also includes six alcoholic members.

His visit celebrated the one-year anniversary of the Saturday meeting. Estelle told of his childhood living on the San Quentin grounds when Clinton Duffy was warden.

He called himself a "Recovering Correctional Officer," a title he earned starting as a guard at Folsom State Prison. His first encounter with the AA program came as a parole officer giving a parolee discharge papers.

"He handed me a copy of the AA Big Book, saying it was the only reason he ever made it off parole," Estelle said.

After a time in the California system, Estelle became warden of a Montana prison. He talked of the positive influence AA provided to the prisoners under his supervision. After a time in Montana, he transferred to Texas as "Director of Corrections."

He came to know a member of AA who coordinated all the volunteers coming into Texas prisons. Estelle was impressed that this drunk; not employed by him or the state, would make himself available whenever the director requested.

Estelle commented that AA members in blue have many good friends waiting to help them upon their release. San Quentin was where the prison version of AA began, and he said the program's ability to change lives is obvious.

Another guest speaker, Ronnie C., shared his CDCR prison number, which starts with a "B." He told of coming to an AA meeting at the suggestion of a CO at Jamestown. In time he discovered not only a faith, but a purpose for his life. Now living in Vancouver, Wash., Ronnie recently won approval to bring AA into the county jail. He was freed from prison 30 years ago.

AA meetings are scheduled at San Quentin on every day but Sunday. Monday and Wednesday evening meetings are in Education. H-Unit has evening meetings Tuesdays and Thursdays. AA meets in the ARC Trailer on the Lower Yard at 1:30 p.m. Fridays and Saturday evenings.

MOMAS Looks For New Members

BY SANG LEE
Contributing Writer

Over the past year, I had the pleasure of working on developing and teaching a financial literacy course at San Quentin called "Members of Modern American Society" (MOMAS). The course aims to prepare inmates for modern society and reduce recidivism by teaching skills they will need to integrate into the formal economy. It was conceived not by people from outside the institution, but by motivated and concerned inmates who now form the MOMAS executive committee. It is a course formed, developed and implemented by inmates for inmates. I believe in this grass roots approach to program development. It has been an incredible mentoring and teaching experience participating in such a collaborative process.

The MOMAS course consists of three distinct, yet interrelated modules. The first module, taught by Rebecca Carter and myself, focuses on the steps necessary to find and maintain employment. Skills covered include resume writing, interviewing strategies, performance reviews and personal goal setting. The second module, taught by Autumn Kruse, teaches inmates about personal finance. Topics range from personal banking to filing taxes. The last module expands the breadth of the class into the world of finance. This module, taught by Jennifer Lyons, teaches inmates about investments, stocks and bonds, and business planning. The progression of the class gives our students valuable skills that will guide their paths outside the prison walls, facilitating the employment process and helping them to manage their money once they are earning it. They are given exposure to opportunities and safeguards for their money, starting with personal banking, progressing to investing and perhaps ultimately fulfilling a dream of business ownership.

I am extremely proud and congratulate our first class of financially literate MOMAS students. The instructors and the executive committee strive to improve the curriculum each time we teach it. Deep thanks to Laura Bowman and Lieutenant Lee Cahayla for all of the support and work to make this program a success. Throughout this process, I have had the opportunity to learn from my fellow instructors, inmate teaching assistants and students. The learning in MOMAS does not follow the traditional flow of knowledge from teacher to student – instead it has flowed up, down and across all participants.

If you are interested in being involved in MOMAS, contact members of the MOMAS executive committee: Michael Harris, Arnulfo Garcia, Samuel Hearns or Troy Williams. We look forward to seeing you in class.

In Indian Country

BY DANIEL TREVINO
Journalism Guild Writer

Native people have always believed that all space is sacred, that Mother Earth holds an energized connection to all living creatures. The Medicine Wheel is a physical expression of this knowledge, made of 12 stones set in a circle, like a clock, the four largest stones set in the cardinal directions. The Medicine Wheel is used to gather together the energies of all animals, creatures, and beings.

In Native teachings these are considered All Our Relations: the Stone People, Mother Earth, Father Sky, Grandfather Sun, Grandmother Moon, the Star Nation, those that live below the Earth, the Trees, Humans, Sky Brothers and Sisters and the Thunder Beings.

The Medicine Wheel is a symbol for the wheel of life always evolving, always bringing new lessons and truths. Natives believe everyone must stand on every spoke of the great wheel many times during a lifetime, and every direction is to be honored. The Medicine Wheel teaches that all lessons are equal, as are all talents and abilities.

The teachings say every living creature will one day experience each spoke of the wheel, and know those truths. The Medicine Wheel is a path to Truth, Peace and Harmony; it is a never-ending circle, life without end. The Medicine Wheel is life, Afterlife, Rebirth, and the honoring of each step, every one of us must stand on every spoke of the great wheel many times during our lifetime.

The Medicine Wheel teaches us that we are taught all talents and abilities by looking and meditating with the wheel. Every living creature will one day experience each spoke of the wheel, and know those truths.

The Medicine Wheel is a path to Truth, Peace and Harmony; it is a circle never ending, life without end. The Medicine Wheel is life, Afterlife, Rebirth, and the honoring of each step along the way

Since that you are heere strangers and come into our countrey, you should rather confine yourselves to the customes of our countrey, than impose yours upon us.

Wicomesse Indian to
the Governor of Maryland, 1633

Does CDCR Do Anything That Works?

BY ARNULFO GARCIA & JUAN HAINES
Journalism Guild Writers

Are there any adult corrections programs that work? To answer this question a comprehensive statistical review of various program evaluations over the last 40 years in the United States and english-speaking countries was conducted by The Washington State Institute for Public Policy (WSIPP).

WSIPP's study, "Evidence-Based Adult Corrections Programs: What Works and What Does Not" analyzed the evaluations of 291 individual adult corrections programs.

These evaluations were of many types of programs; drug courts, boot camps, sex offender treatment programs and correctional industries employment programs, to name a few.

A direct implication from WSIPP's findings was that correctional policies that reduce recidivism are ones that focus resources on effective evidence-based programming and avoid ineffective approaches.

WSIPP found that even relatively small reductions in recidivism rates can be quite cost-beneficial.

Most of the recidivism reduction effects appear to stem from prison-based therapeutic community experience for prisoners.

Cognitive-behavioral treatment designed to help offenders correct their thinking and provide opportunities to model and practice problem-solving and pro-social skills resulted in an pragmatic use of resources for curtailing recidivism.

Programs for sex-offenders: Psychotherapy/Behavioral therapy involving insight-oriented individual or group counseling did not significantly reduce recidivism, but cognitive-behavioral therapy while on probation did have a significant effect on recidivism.

To achieve significant reductions in recidivism rates by using intensive supervision, a focus on treatment is crucial.

Evaluations of in-prison correctional industry programs, programs that teach remedial educational skills to adult offenders when they are in prison, community based employment training, job search, job assistance programs for adult offenders vocational training programs for offenders while they are in prison found on average these programs produce a statistically significant reduction in recidivism rates.

Rigorous evaluations of adult boot camps, electronic monitoring, victim-offender mediation, family group conferences or restitution programs (Restorative Justice) were conducted and it was found, on average, they do not produce a statistically significant reduction in re-offense rates.

The lesson from this research is, treatment, not intensive monitoring, reduces recidivism.

[Suggested citation: Steve Aos, Marna Miller, and Elizabeth Drake (2006). Evidence-based Adult Corrections Programs: What Works and What Does Not. Olympia: Washington State Institute for Public Policy]

110 Fifth Avenue Southeast, Suite 214 – PO Box 40999 – Olympia, WA 98504-0999, (360) 586-2677 – www.wsipp.wa.gov, .

With a Little Help From Our Friends

BY PHOEUN YOU & BOREY AI
Journalism Guild Writers

Thrice weekly a dedicated group of students from Bay Area universities enters San Quentin Prison and proceeds to the Lower Yard to tutor inmates with math and other schoolwork. The lessons they impart go far beyond the classroom.

Despite having their own hectic schedules and classes, tutors have, since the programs inception in 2000, helped prepare inmates for college level courses in math and english so that they can receive a degree from Patten University. Tutoring inmates in the Math 50 class, Maureen Lahiff says, "the challenges of math helps people understand the world. Math opens doors."

Helping students face the difficulties of a math problem also teaches them not to "give up, nothing is impossible, you just have to find the right way to do it yourself," says Sali Lador, who aspires to become a professor at a Community College.

Volunteers are motivated by a desire to "change people and make them better," says Jon Lyons, a tutor in Math 50.

Tutors and students benefit from the program by understanding that teaching and learning help us achieve a more fulfilling future for ourselves and those around us.

I do not speak the minds of others except to speak my own better."

–Montaigne

Prison - News Briefs

SACRAMENTO, 3-9-10 – the legislature passed a democratic **bill intended to end furloughs** for nearly 80,000 state employees. The bill would apply to workers whose wages are paid outside the general fund. A spokesman for the gov. has said that he will veto the bill. The three-day-a-month are set to expire for 200,000 state employees at the end of June.

SAN FRANCISCO, 3-11-10 – 25 drug cases were dismissed at the Hall of Justice in San Francisco in the continuing fallout over a former technician in the police crime lab suspected of **stealing and using drug evidence**. The lab has been temporarily shut down while the investigation against Deborah Madden, 60, is continuing.

WORLD NEWS, 3-11-10 - Mexican telecom tycoon Carlos Slim jumped past Americans Bill Gates and Warren Buffett to head the list of the **world's richest men**. The son of an immigrant shopkeeper, Slim has a fortune estimated at $53.5 billion. His holdings include a major stake in the New York Times.

IRAQ, 3-11-10 - Shiite Prime Minister Nouri al-Maliki has challenged election results that showed him placing second behind Sunni-backed Ayad Allawi. Maliki has demanded a hand recount of all ballots.

MOSCOW, 3-29-10 – Russia has **eliminated 2 of its 11 time zones**, leaving a gap of 9 hours difference between the far eastern and western reaches of the vast country.

CORCORAN PRISON, 4-4-10 – imprisoned **music producer Phil Spector** is recovering from injuries received at the hands of a fellow prisoner. Spector, who is segregated on a sensitive-needs-yard, suffered a black eye, bruised nose and loss of two dental caps in the assault.

PHILIPPINES, 4-7-10 – scientists report the **discovery of a Veranus Bitatawa**, a cousin of the Komodo dragon. As large as a full-grown man, the fruit-eating lizard has two penises.

ADELANTO, CA, 4-7-10 – officials have arranged the **sale of a city-owned 650 bed prison** facility to Florida-based The Geo Group, Inc.. The move could put about 100 workers out of work w hile the private corp. seeks to find a tenant for the facility.

SAN FRANCISCO, **4-8-10-** the Golden State Warriors handed Coach Don Nelson victory number 1,333, making Nelson the **NBA's career, regular season, winningest coach**.

HAITI, 4-8-10 – authorities have recaptured few of the more than **4,500 inmates who escaped** Haitian prisons during the Jan. 12 quake. Many of them have begun terrorizing neighborhoods, stealing aid supplies and fighting in gangs over turf.

PELICAN BAY PRISON – the CDCR seized more than $26,000 from the inmate trust account of Danny Roman, a high-ranking Mexican Mafia gang member imprisoned at Pelican Bay since 1988. The Del Norte County District Attorney's Office has begun **asset forfeiture proceedings** after an investigation revealed the money allegedly came from gang activity and drug sales.

FOCUS ON: Carl McQuillion

BY JOY RICHARDSON
Contributing Writer

Many of you will remember Carl McQuillion from his San Quentin days. Most people remember him best when he was involved in so many self-help programs, helping others, and in his cell, typing away on his typewriter doing "legal work."

Or, in the early 1990's, how he would spend many hours creating his amazing oil paintings. When Carl focuses on something, he really focuses. He worked hard and got himself out. Six years later, he is still just as focused.

Carl didn't turn his back and walk away; he walked out the gates on September 11, 2003 and by October 7, 2003, he had turned right back around to reach out a hand to his fellow lifers. These days he is spending 12 to 16 hours a day working to help other lifers follow in his footsteps, and those amazing oil paintings have places of honor on the walls of his home.

Joy: There was a short time when you had stopped taking new cases. What was going on in your life then?

Carl: In 2007 I was asked to join some friends with a couple of business ventures. One was an investment company, the other was a high end men's grooming salon with pretty young cosmetologists. In 2008 I decided that I needed to stop taking new cases so that I would have enough time to devote to my current clients and these new ventures. The investment business didn't work out and the salon isn't as popular as we anticipated. The economy is the prime cause of their lack of success.

But my goal with them was not to desert ship but to achieve financial independence so I wouldn't need lifer money to help them. I again have all of my time to devote to getting lifers out of prison through the courts but not the financial independence that would have enabled me to help some of those old ISL lifers who no longer have family resources to fight for their freedom.

Joy: So Carl, when you're not slaving away in front of your computer, what do you and your wife do with your time?

Carl: Sometimes when I'm not working, my wife and I take brief trips together. Sometimes we end up in the mountains and watch spring arrive. We took a trip to Ione not long ago. The drive is really beautiful from Sacramento over to lone and Jackson. I still think about what the guys are missing when I'm making the drive, and hope they'll be able to take these drives, too, someday.

Joy: I'm sure your goals and your dreams have changed a lot since you got out, what goals do you have in mind now?

Carl: At 60, I suppose my own future objectives are limited, but I'd always hoped to be able to purchase a plot of countryside and build a house in an area surrounded by trees and little animals fearlessly traversing my lawn. But my original goal to force the parole board to comply with the law hasn't changed at all. I would just like to be more rounded in my personal life too. Too much work makes it difficult sometimes to enjoy the freedom I fought so hard to achieve.

Joy: Is there any recent experiences you might like to share with us?

Carl: Well, my wife and I drove down to Los Angeles and attended a lifers' gathering where I got to see a lot of old friends enjoying their freedom. It was held at Don Miller's home, attended by several media persons and lawyers. It warmed my heart to see these guys, but at the same time reinforced my determination to increase those numbers.

Joy: Thanks for your time. I really appreciate that you could take the time out to talk with us about life after the walls.

Joy Richardson is a private citizen interested in lifer success stories.

The number of women serving time in the United States has increased 92% in the last 10 years

SPORTS

BY JONATHAN COPE
Journalism Guild Writer

Walking the 180 yards from the 13 Wall Gate to the Lower Yard is kind of a dreary walk.

But as soon as I enter the Lower Yard, a barrage of activity is before me. It is now 8 a.m. on Saturday morning. As I walk I hear a distinct clanging of metal. I notice that there is a heated game of horseshoes in motion. Next to the horseshoe pit is the tennis court where four women (women???) from the tennis team gather the team around them to begin their morning volleys, getting ready for their morning matches.

At 9 a.m. the basketball players start arriving on the court, formatting plays and shots that would make the average basketball fan stand up and notice.

The Over-40 basketball team is expected to do exceptionally well, with new talent coming in from Solano State Pen. The core of the team will be back and Coach Al Lacy is expecting a better season than last year. Returning players with fancy handles are Post-Em-Up Kalipo, Dave (Lumber Jack) Baker, Graceful Al Lacy, Cox the Fox at small forward, Hustling Black, Fast Track J.B., Troy (aka) Bone, and Floor General Duck Harris with sidekick KC. The new players should add a touch of fire to the already sizzling Kings. So come one, come all, and support your team.

To say springtime is on its way is to say baseball is right around the corner. The next thing we will know is, Batter Up!

This year the baseball team will consist of the combined rosters of last year's Giants and Pirates – the best of the two teams will fill a 25-man lineup. Tryouts were to be in February. So take me out to the ballpark.

While team sports are being formed there is an assortment of individual workouts going on. There is exercising of all sorts. Handball games dominate the far wall. While all this is going on you have the 1,000 Mile Club, putting in laps as they get ready for their next running event.

At 1 p.m. the multi-ethnic members of the soccer team come to work out, going at it so hard that they forget they were incarcerated. So as you see, there is a sporting event for everyone, all it takes is a little practice and determination to find a new world while you're getting yourself together.

Gather ye rosebuds while ye may,
Old time is still a flying
And this same flower that smiles today
Tomorrow will be dying
– Robert Harrick

POETRY

DEATH ROW REALITY CHECK
by Johnny Lee Capistrano

This is a world of different kinds of life,
A change in reality, a world real tight.
You enter this world through cast iron gates.
You can sense all the pressure and feel all the hate.
They're unloading the bus the man's laying down the rules,
They're taking away your rights and giving you your blues.
The next gate is opening, you feel tense down inside,
A new world revealed, you hope to survive.
All eyes are watching as you're escorted to your cell.
Then it all hits you, you messed up, you have just entered hell.
Not they're all going to be watching how you're going to act.
You lay out your program and always watch your back.
Outside worries must be left behind,
It's all about survival and I'm going to tell you why.
Your tears turn into anger, your happiness into hate,
Now being on your guard is a feeling you soon will relate.
My hell is a heartache of steel and stone, and I'm here all alone.
My place of hell is one small cell that no one wants to own
My body cramps from the cold and damp that chills me to the bone.
For my crimes I pay with time, no jungle holds more danger,
And everyday that comes my way each man remains a stranger.
They came today and took away the man who lived next door,
To end his time, he took his life, he couldn't take no more.
It's quiet here on my tier, cruel death has claimed another.
Each day wondering who will be next and hoping it's not my other neighbor.
I hear the screams, the metal rings of keys and metal locks.
The scrape of feet on concrete as the prison guard patrols his/her block.
I watch my back for there is lack of men who can be trusted.
I just chill, I have the will before it is me who gets dusted.
A secret I should tell you now, but do not tell another,
In order to survive in here a man must wear his cover.
You do not know and will not know what lies within his heart,
For he walks the walk and talks the talk and always plays the part.
But here's the secret of the frightened man inside...
If something fatal should come my way, should an occurrence take my life,
Please tell my wife I'm grateful for everything we've shared and for me all she's done.
And though I'm gone one thing lives on "My Love Eternally".
My one desire should I expire, is that on one cries for me.
Just gather around the love of my life and tell her "I'm finally free".

Snippets

Mr. Potato Head was the first toy advertised on television.

One of the holiest Christian holidays is named after a pagan goddess. The word "Easter" derives from the Anglo-Saxon goddess Eostre, who governed the vernal equinox.

Nez Perce Indians got their name from the French phrase that means "pierced nose".

Every 20 minutes, the world's human population increases by 3,500. In the same time, one or more species of animal or plant life is wiped out - roughly 2700 species per year.

You can in fact get cooties! Cooties are lice.

Civet, a honey-like secretion from a civet cat's genitals, gives off an unpleasant fecal odor, but in the right proportion transforms a perfume into an aphrodisiac. Civet helped create the allure of the original Chanel No. 5.

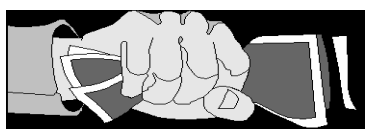
Reprobate is an unprincipled or depraved person.

Under the Federal Food, Drug, and cosmetic Act, leeches and maggots are categorized as medical devices.

Neutronium, a substance made up of densely packed neutrons, is the hardest substance known to man.

Chinese recreation innovations: chess, fireworks, fishing pole and hook, hot air balloon, kite and parachute.

Hawaii is the only state in the Unites States that grows coffee.



LETTERS

FAREWELL TO SAN QUENTIN
BY RONIN HOLMES

What can I say? I'm going to miss it here. It is said you never know what you've got till it's gone. No truer words were ever spoken.

I have been here nearly a decade, stood before a live audience of fellow prisoners and free people year after year performing Shakespeare, been published in three books due to my creative writing class. I have learned about myself on levels I would have never gotten to until a ripe old age; the list goes on and on. All here in San Quentin state prison.

I will miss the people here more than anything else. The programs are great, but it has ever been the people who bring them that I truly believe make them work. You may think I speak only of volunteers, I do not. I speak of my brothers in blue as well.

People from the outside do come in and show wisdom and compassion for a few hours here and there that is true, but I am talking about the men here, the ones in the ditches every day, and every day they represent the very programs they teach.

It is these men I will miss. And here's the most amazing part of all, the names are too numerous to fit in the word count of this article! That is why I will miss San Quentin.

Some have died since I arrived, some have finally been freed, but there are dozens of truly amazing souls here in the Quentin. Those of you who don't know? Just look around you, they aren't handing out soups, or shots of coffee, they're talking, calming, teaching, being examples in every step they take.

They are Buddhist, Christian, Hebrew, Islamic, Odinist, etc. They come from every faith and every nationality. and they are all seeking the truth and all teaching truth.

People who have only known me here in the last few years have no idea the hard core convict who walked in here. Have no idea who and what I was once.

They only see the results, the outcome of the wisdom imparted, the tolerance given, the friendship offered, the solid foundations taught by these men in blue.

Yes, I am going to seriously miss San Quentin and I am going to try and bring all it has imparted with me to the new place they send me. May even start something old in a place that to me is new.

Our programs were not started by the free people in here, they were begun by people in blue, men who strived to be better and make better all that there is around them.

I won't pretend to believe for a second I can move and shake like those I have come to know here. Such amazing minds, powerful souls and gentle spirits.

I have met so many leaders who choose to serve, so many who help their fellow man through legal advice, addiction counseling, spiritual advisement, common sense, tutoring, and on and on, that I am in awe and always will be.

Prison sucks, that's a fact, but in here an animal learned to not just be a man, but to be a true person, an earnest soul, a real honest to God human being. That is why I will miss it here.

Peace

Martin "Ronin" Holmes

New Sudoku Idea

We recently received a letter from Troy Ashmus in East Block. He complained that our Sudoku puzzles were too easy and gave us a 16x16 block Sudoku that took him 5 hours to create from scratch (OUCH!!) Unfortunately space restrictions prohibit us from using such a large block for the puzzle. However, if Mr. Ashmus would consider creating a 9x9 puzzle, I'm sure the Sudoku fans out there wouldn't mind a tough nut to crack.

- The Editors

Life is a jest; and all things show it.
I thought so once;
but now I know it.

...John Gay

Last Month's *Sudoku* Solution

9	1	6	7	8	2	5	3	4
4	3	7	1	5	9	6	2	8
8	2	5	3	6	4	1	7	9
6	5	9	4	7	8	2	1	3
1	7	8	2	9	3	4	5	6
2	4	3	5	1	6	8	9	7
5	8	4	9	2	7	3	6	1
7	6	1	8	3	5	9	4	2
3	9	2	6	4	1	7	8	5

Sudoku By ANTHONY LYONS

5		2				8		9
			5	9	1			
7		9				6		1
	7		3		8		2	
	2			1			8	
	9		2		4		7	
2		1				7		5
			7	4	5			
3		7				4		8

A Diamond in a Rough Neighborhood

BY L. SAMUEL CAPERS
Contributing Writer

Part 1 of a 2-Part Story

Here on Condemned Row we are limited as far as the Program goes. There is one program that until its recent demise was very much alive: the Education Program. Let me introduce one of the most awesome people that I have ever had the honor to meet and work with, our teacher, Ms. Aida. Here is our interview:

Samuel Capers: Where did you go to school?

Ms. Aida: I went to many undergraduate schools. But I finished my Masters Degrees in Adult Education and Human Resources at Colorado State University.

SC: How long have you been teaching, and where was your first job as a teacher?

Aida: I have been teaching for 20 years. My first job as a credentialed teacher was at Bayview Elementary School in Richmond, California. But I had already taught Jazz Improvisation here at San Quentin. As a fulltime teacher in Richmond I came to San Quentin two nights a week to complete a Jazz program that I had developed.

SC: At what point did you decide to make teaching a career?

Aida: I was 34. I was working in the financial corporate world, in sales. I was actually doing quite well, but I did not want to some day be on my deathbed thinking, "I got all these people to sign on the dotted line, but how did I really help?"

Condemned Row Educator, Aida de Arteaga

SC: At what point did you decide to come to work for the California Department of Corrections and Rehabilitation?

Aida: I was working on my teaching credential and being a jazz musician to make money. Someone from the California Arts Council suggested that I make a phone call to San Quentin and see if they needed a music teacher. Bingo! I got the job, as a contracted artist.

SC: How long have you been employed here at San Quentin?

Aida: I have actually worked here at San Quentin for 23 years in a row. As a state employee, 19 years.

SC: Why did you decide to come into a place full of convicts, whom society views as failures? What motivates you to do this job?

Aida: I am motivated to do this job because I believe that we all need to find a way to learn about the miracle that we all are. Learning has been a tool for me so I love to share the vision.

SC: Sadly, many, if not the majority, of The Row will never see the streets again. With that in mind, why do you feel that a condemned prisoner should continue on with his education?

Aida: I think it's important for a condemned prisoner to continue his education because learning is a key to connecting to the world. And as long as we are alive we are connected. The other reason is that many of the men have children and their interest in education should encourage their offspring to follow the trend of pursuing educational goals.

SC: It is funny that you mentioned that. It was/is my daughter, who is now attending UCLA, who impressed me to continue my education. Though she credits me for pushing her through mail, visits and phone calls, it is she who encouraged me, her father, to go back to school. So in this instance it was a two-way street. Somebody once told me that even for a prisoner condemned to death, knowledge is the meat of life, that mankind cannot continue on productively without it. What is your take on this?

Aida: Yes, I feel that knowledge is one of the greatest gifts that we have as human beings. That is our birthright, to learn and know the depth of life through our mental capacities. Knowledge can lead us to become aware of the control that we actually can have upon ourselves without outside interference.

VOICES FROM THE ROW

BY L. SAMUEL CAPERS
Contributing Writer

For many years San Quentin's Condemned Row prisoners have been labeled as unable to function like those men on the Main Line. Their lockdown program was designed for those whose social skills were not up to par with the mainstream prison population. Death Row, in the eyes of most, is the bottom of the barrel, the pit of the belly of the beast. Those on The Row have burned every bridge in life and their voices no longer matter. It is said that they are monsters, maniacs, and not worthy of life. Yet for those who are aware of what goes on behind the walls of East Block, North Seg., and the Adjustment Center, those accusations are only stereotype labels. The men on The Row are just like anybody else on the line.

In 2008 the East Block Advisory Council (EBAC) was established. Since then the Condemned population has taken part in food sales as well as other programs offered to them. There are now unit workers on The Row, clerks and a variety of other programs. What began as an experiment turned out to be a success.

Recently Lt. Luna interviewed me and it was decided that it was time that the Condemned population's voice be heard through a column in the San Quentin News. There are many talented writers and artists who would like to share their ideas, opinions, and personal accomplishments. Condemned Row prisoners are not offered a chance to program. But little by little they are working their way up the food chain and proving wrong those who have lost all hope for them. The San Quentin News is an avenue for them to speak their minds, to get off their chests whatever issues weigh them down. It is time for the Brothers on the Row to shine.

My name is L. Samuel Capers. I was appointed by Lt. Luna to coordinate the column, Voices From The Row. It will allow the population in East Block, North. Seg., and the Adjustment Center to submit their work. Any and all Condemned prisoners are welcome to participate. It is time for us to show that we are not any different from those out on the line. All we needed was a chance. Now we have that chance. Let's do this …

Contact me via U-SAV-EM at L. Samuel Capers, K-01264, 5-EB-69. All submissions will be edited and sent to Lt. Luna for final approval.

We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

- Please limit your submitted articles to no more than 350 words.
- Articles may be edited for content and length.
- The newspaper is not a medium to file grievances, use the prison appeals process. However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.
- Please do not use offensive language in your submissions.

Art work is welcomed (i.e. Poems, songs, cartoons, drawings).

- Letters to the editor should be no more than 250 words.

Send Submissions to:
Education Dept. / SQ News
San Quentin, CA 94964
(No Street address required)

A stylized eagle drawn on a greeting card by M. Shanks

Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture.

...Dr. Norman Vincent Peale

FROM THE EDITORS

The San Quentin News deeply regrets the delays in the publication of the News. With the closing of almost all of the vocations here, we were forced to move the offices of the San Quentin News to a different area. We hope to complete the move as soon as possible. However, the timing is strictly tentative. Please bear with us while we go through this transition, Thank you.

San Quentin News

Current and past copies of the San Quentin News are posted online at:

http://www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ-San_Quentin_News.html

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